Free Video Reveals:

New 30 Day Keto Diet Meal Plan Pdf For Beginners

2026, 30 Day Keto Diet Meal Plan For Beginners

Download Your Free 30 Day Keto Meal Plan **To Lose 1 Pound Every 72 Hours** Without Giving Up Your Favorite Foods…

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If you're searching for a fat-burning meal plan to help you lose weight fast, **so you don't keep missing out on time with your family and friends**, this 30-day keto diet meal plan may be the perfect diet to suit your needs.

This weight-loss diet provides you with the tools needed to burn fat instead of carbs and to reach ketosis faster to produce more ketones used to fuel the body for energy and fast weight loss

While still maintaining a happy healthy lifestyle and also helping you achieve the body that you desire.

Benefits

- Rapid and sustainable long-term weight loss
- Use 75% of fat to boost energy and mood throughout the whole day

Blood sugar control. Low-carb diets can improve blood sugar levels by keeping blood sugar constantly low and reducing insulin resistance.

Reduction in inflammation and improved gut health

Allows for low-carb intake (5%)

Moderate protein intake (20%)

Better mental clarity making you feel sharper, more focused, and more alert

Improved sleep and recovery times

What Can You Eat On The 30 Day Keto Diet

See below detailed explanation along with the free **7 Day Keto Meal Plan (**Note that this is only ***7 days out of thirty)*** at the end of the article along with ketogenic recipes.

Meat and Seafood

Remember that ketogenic diet foods are not to be high in protein; the focal point is on fat. So be moderate in consuming these proteins.

Beef

Fish, aim for fatty fish, such as salmon

Sardines

Trout

Lobster

Dark meat chicken

Pork

Turkey

Bacon

Lamb

Shrimp

Skinless chicken breast

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Whole Milk Natural Dairy

Healthy Oils

Avocado oil

Coconut oil

Olive oil

Hazelnut oil

Sunflower oil

Flaxseed oil

corn oil

Fruits and Vegetables

(1 cup serving size)

Seeds and Nuts

Sweeteners

(Use moderately)

Monk fruit

Stevia

Erythritol

Xylitol

Condiments and Sauces

Soy sauce

Guacamole

Lemon butter sauce

Salsa

Mayo (No sugar)

Heavy cream

Raw garlic

Tomato sauce/paste (No sugar)

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Liquids

Water

Almond milk

Coconut milk

Bone broth

Herbal tea

Green tea

Black coffee

Unsweetened carbonated water

Zero-calorie drinks

Rum

Whiskey

Tequila

Vodka

Gin

Liquors like above, are keto-friendly, as long as you do not mix them with juices or sweeteners.

Use tonics, sodas, and seltzers when it comes to keto mixers.

Herbs and Spices

Any herb and spice can work in keto diet foods.

They are all typically okay if you use a tiny quantity for adding flavor.

These are just some examples however; you can use your desired choice.

Supplements

Below are not required. They are simply optional and can help you produce ketones more rapidly.

Fiber

Multivitamin

MCT oils

Vitamin D (Great support for the immune system)

Exogenous ketones (A great aid to help raise ketone levels)

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Nutrition Information For The 30 Day Keto Meal Plan

Nutrition information for foods in the meal plan.

Avocado Oil

Per 1 tablespoon serving: 124 calories, 0g net carbs, 0g protein, 14g fat

Benefits: Avocado oil is a vital source for boosting your nutrients. The high levels of mono-unsaturated fatty acids help the body absorb nutrients.

Butter

Per 1 tablespoon serving: 100 calories, 0g net carbs, 0g protein, 11g fat

Benefits: It contains a fat-soluble vitamin good for the immune system and healthy vision.

Cheese

Per 1 slice serving: 113 calories, 0g net carbs, 7g protein, 9g fat

Benefits: Cheese is the best dietary source of calcium and also an excellent source of protein.

Coconut Milk

Per 1 cup serving: 445 calories, 6.35g net carbs, 4.57g protein, 48.2g fat

Benefits: This is a great way to improve digestion and heart health. The high source of electrolytes helps prevent fatigue.

Chicken

Per 1 thigh serving: 318 calories, 0g net carbs, 32g protein, 20g fat

Benefits: Chicken, the most common poultry can aid in weight loss and cholesterol regulation. Also, it is a great source of protein.

Eggs

Per 1 egg serving: 77 calories, 1g net carbs, 6g protein, 5g fat

Benefits: Eggs are essential for receiving nutrients. In fact, they’re among the most
nutritious foods around. They contain a fair mixture of satiating protein vitamins and fat.

Salmon

Per 4-oz serving: 170 calories, 0g net carbs, 26g protein, 6g fat

Benefits: You’ll get an impressive amount of benefits from salmon. The impressive omega
-3fatty acids offer the ability to fight off cancer cells and tumors.

Asparagus

Per 1 cup (raw) serving: 27 calories, 2g net carbs, 3g protein, 0g fat

Benefits: Asparagus is full of nutrients and antioxidants that can boost your brain function as well as give you more energy.

Avocado

Per ½ avocado serving: 160 calories, 2g net carbs, 2g protein, 15g fat

Benefits: The creamy fruit is loaded with fiber, giving it the ability to improve digestion. They also contain a high amount of immune-revving vitamin C.

Broccoli

Per 1 cup (raw) serving: 31 calories, 6g net carbs, 2.5g protein, 0.3g fat

Benefits: The verdant green veggie keeps you looking younger, improves bone health and works as a natural detoxification.

Cauliflower

Per 1 cup (raw) serving: 25 calories, 2g net carbs, 2g protein, 0g fat

Benefit: Cauliflower is very high in fiber, and vitamin C and includes an abundance of heart-health-nutrients.

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Celery

Per 1 cup (raw) serving: 16 calories, 1g net carbs, 1g protein, 0g fat

Benefits: Celery is a very hydrating vegetable. These crunchy spears are rich in vitamins K, A, and C.

Green Peppers

Per 1 cup (sliced) serving: 18 calories, 2g net carbs, 1g protein, 0g fat

Benefits: They are a very powerful antioxidant. This food is favorable in pain-relieving and lessens the risk of many chronic illnesses.

Lettuce

Per 1 cup (shredded) serving: 5 calories, 1g net carbs, 0g protein, 0g fat

Benefits: Leafy greens can add bulk to your meals while keeping your immune system healthy and strong. They also work for skin-strengthening vitamin A and vitamin C.

Green Onions

Per 1/2 cup (sliced) serving: 16 calories, 2g net carbs, 0g protein, 0g fat

Benefits: More than just a savory taste for dishes, green onions are extremely high in antioxidants and study shows they are a natural remedy for colds.

Tomato

Per 1 cup (raw) serving: 25 calories, 6g net carbs, 1g protein, 0g fat

Benefits: amazing source containing vitamins that protect your heart health and neutralize harmful radicals in the blood.

Zucchini

Per 1 cup (sliced, raw) serving: 18 calories, 3g net carbs, 1g protein, 0g fat

Benefits: This is a delicious way to promote healthy digestion, reduce blood sugar, and aid your heart health.

Foods You Should Avoid Or Limit

Grains and starchy products

ALL sugars

Candy

Cookies

Dairy

Evaporated skim milk & low-fat dairy

Sweetened yogurts

Ice cream

Fats

Margarine

Artificial fats

Grains

Starchy Carbs

Fruits and starchy vegetables

Most fruits, except for lemons, limes, tomatoes, and small portions of berries.
Starchy vegetables, including corn, potatoes, and peas.

Nuts and Seeds

Sweetened nut or seed butter chocolate-covered nuts

Sweeteners

Sauces and Condiments

Salad dressings

Barbecue sauce

Ketchup

Honey mustard

Beverages

Wine (limit)

Beer (limit)

Sweetened cocktails

Soda

Energy drinks fruit juice

Lemonade

Want to Start a Keto lifestyle? Sign up here to get your free 30-DAY KETO MEAL PLAN to lose excess body fat, live long, and stay healthy without giving up your favorite food.

7-Day Keto Diet Plan For Beginners

Here is a free 7-day keto diet meal plan for beginners to ignite your journey towards living a healthier lifestyle.

Scroll down to access and print the infographic.

Day 1

Breakfast: Sunny-side up eggs and bacon added with avocado

Snack: peanuts or cashews

Lunch: Avocado salad with grilled chicken

Snack: stuffed celery sticks

Dinner: Beef and broccoli with cauliflower rice

Day 2

Breakfast: Herbed veggie omelet with smoked salmon

Snack: almonds

Lunch: Broccoli salad stuffed in shredded cheese and red onions

Snack: High-fat cheese and dill pickle slices or organic pepperoni slices

Dinner: Zucchini noodles with butter and garlic topped with parmesan

Day 3

Breakfast: Ham and cheese omelet sided with strawberries

Snack: Plain Greek yogurt coated in 1 teaspoon crushed almonds

Lunch: Sesame chicken wings and keto fries

Snack: Delicious smoothie made with coconut milk, raspberries, and blackberries.

Dinner: Lemon pepper chicken topped with parsley sided with asparagus

Day 4

Breakfast: Avocado smoothie made with coconut or almond milk, fresh spinach, and berries

Snack: Two deviled eggs or two hard-boiled eggs

Lunch: Chicken parmesan on top of zucchini noodles topped with cheesy tomato sauce

Snack: Pizza or taco rolls (used baked full--fat cheese as the “wrap” and filled with pizza or taco
meat)

Dinner: Avocado chicken salad served with celery and tomatoes

Day 5

Breakfast: Scrambled eggs and bacon sided with avocado or sliced tomato

Snack: A cup of berries with nuts of your choice (almonds, pecan, walnuts…)

Lunch: Lettuce-wrapped beef burger topped with tomato, cheddar cheese, and avocado
Snack: zucchini and homemade guacamole or with full-fat cheese

Dinner: Cheesy chicken fried cauliflower rice and broccoli

Day 6

Breakfast: Egg burrito loaded with avocado, bacon, cheese, and chives

Snack: Keto bar

Lunch: Tuna-stuffed avocado seasoned with lemon and topped off with green onions

Snack: Cheese and meat snack pack

Dinner: Roasted lemon garlic butter shrimp and asparagus

Day 7

Breakfast: Smoked salmon mixed with scrambled eggs sprinkled with scallion

Snack: kale chips

Lunch: Salmon salad and boiled egg topped with cucumber and cherry tomatoes

Snack: Baked celery stuffed in goat or cottage cheese

Dinner: zucchini noodles shrimp scampi topped with lime

Keto Recipes

When you eat the right combination of food, you simply feel more satisfied.

Once you start the keto diet for beginners, you will notice that you feel better, look fabulous, and overall have a healthier way of living.

Enjoy this free keto diet plan! CLICK HERE TO GET YOUR FULL 30 DAY KETO DIET MEAL PLAN

How's the first week sounding to you?

I think it's delicious...

And all recipes are super fast and easy (without fancy ingredients) Perfect for people with families, hungry husbands, busy moms or

pensioners.

If you want the whole 30 days, complete with nutritional information, ingredients and instructions then visit my website, and watch the info video.

You can start today and lose 1 pound of fat every 72 hours...

(Click here) Visit my website for more information to be free from fear of deadly chronic diseases, pain or any kind of danger.

Furthermore, the plan is also beautifully designed. Because if you only get a boring word file, you'd lose the fun and you wouldn't be able to follow the plan.

But due to the bright, beautiful design with delicious recipes and photos, it will be easy for you to stick to the plan and lose some dress sizes. I look forward to your feedback.

See What Keto-ers Have to Say

"Thank you for sharing your free meal plan. I am glad I followed it entirely.

This is the most helpful keto meal plan that I have used since I lost 54 lbs. The recipes are very delicious and detailed.

The ingredients are easy to find in your local grocery store. It also includes a shopping list for each recipe.

I highly recommend your 30-day keto meal plan!"

- Susan K. ⭐⭐⭐⭐⭐

"I have been looking for a keto meal plan with a grocery list that was easy to follow and had delicious recipes to boost metabolism, *energy*, and lower blood *sugar* levels.

My 30 day keto meal plan has been a lifesaver!

I am new to the keto diet, and this plan has made it easy for me to transition from my old diet into this new one.

I have been able to lose weight and feel better about myself."

- Mary L. ⭐⭐⭐⭐⭐

"I've been wanting to lose weight fast and get healthy for a while now and I found your free 30 day keto menu plan and it's amazing!

I've made a few of the meals for my husband and he loves them.

I personally lost 43 lbs. You can't even tell they're keto meals.

Keep up the great work, we'll be looking forward to future keto meal plans!"

- Elizabeth C. ⭐⭐⭐⭐⭐

Lose Weight Fast And Reclaim Your Health Back With Your New 30 Day Keto Meal Plan:

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